











January-March Land & Virtual Fitness Schedule

Studio  
3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>BOOTCAMP</b>  5:05AM - 5:50AM		 <b>HIIT TRAINING</b>  5:05AM - 5:50AM		 <b>KETTLEBELL BOOTCAMP</b>  5:05AM - 5:50AM	 <b>TOTAL BODY BOOTCAMP</b>  7:00AM - 7:45AM	